



HERITAGE

On behalf of Lowell Senior Center staff and volunteers, thank you to all of you practicing social distancing to protect yourselves, your friends and neighbors from COVID-19. The Council on Aging promotes the health and independent living of Lowell residents age 60+, and while the building is closed our work hasn't stopped with COVID-19. We are focused on ensuring access to food, supporting social distancing, and bringing financial resources to seniors. We're also making outreach calls to check in with volunteers and friends, offering resources and often finding humor, joy, warmth and good spirits with you in this uncertain time. We have so enjoyed hearing from you with stories of getting together (6 feet apart) with a neighbor or visiting by phone, and we appreciate your caring calls with us and each other.

Masks are required as of May 6 whenever you're on public transit or in a public building. Donated cloth masks may be available at senior center, call ahead 978-674-4131

Face Covering Do's and Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus



New Health and Human Services Director

City Manager Eileen Donoghue has appointed Joanne Belanger to serve as the City of Lowell's Director of Health and Human Services. For more than 20 years Joanne has served as Andover's Assistant Health Director and Public Health Nurse. She grew up in Lowell, and now lives in Westford where she is an elected member of the Westford Board of Health. After handling public health emergencies including gas explosions in Andover, she comes to us at a great time to help lead Lowell's response to the COVID-19 pandemic.

Thanks to our retiring heroes! JoAnn Keegan served as Interim Health and Human Services director for the first 4 months of this year, and set a strong foundation for our COVID-19 response. She will stay on through mid-May to ensure continuity. Chief Jeff Winward retired from the Lowell Fire Department in April, leaving Interim Fire Chief Joe Roth at the helm. Joe has been a Deputy Chief with the Lowell Fire Department.

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

John J. Leahy

Vice Chair

Rita M. Mercier

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**LOWELL
SENIOR CENTER****Main Number:****978-674-4131****Fax: 978-970-4134**

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**Temporary Hours:****Daily 7 a.m. to 12 noon  
for Takeout Meals only**

Staff are available by phone and email  
Monday to Friday, 8 a.m. to 4 p.m.

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Executive Director: Lillian Hartman
LHartman@lowellma.gov

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**Receptionist:** Tara Donnelly  
978-674-1171 ~ TDonnelly@lowellma.gov

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Trips & Events Coordinator: Carol Lannan
978-674-1169 ~ CLannan@lowellma.gov

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**Outreach Worker:** Amy Medina Leal  
978-674-1167 ~ ALeal@lowellma.gov

**Volunteer Coordinator:** Gladys Rosa  
978-674-1168 ~ CRosa@lowellma.gov

Prefer reading *The Heritage Newsletter* online?

Visit: [www.lowellma.gov/373](http://www.lowellma.gov/373)

*Join our e-mail list for weekly updates about events,  
and a notice when the newsletter is available online.  
Visit <https://www.lowellma.gov/list.aspx> or click the  
"Notify Me" button from our website*

**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostettler, Chair**Joyce E. Dastou**Mary Donnelly**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo**Amy Pessia*

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Next meeting: Monday,**June 8, 9 am****at 9:00am - Public Welcome****Senior Abuse
Hotline Number**

To report suspected elder
abuse, call: 1-800-922-2275

**DTA Hotline
(SNAP/Food Stamps)**

Direct line for seniors:
1-833-712-8027

**Elder Services of Merri-
mack Valley & North Shore**

Meals on Wheels, Assistance
with Home Care, Case
Management, Support for
Seniors and Caregivers
1-800-892-0890

**Legal Services
Assistance & Referrals**

1-800-342-5297

**Project Bread Food Source
Hotline** 1-800-645-8333 or
dial 211

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche
978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix
978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire
978-674-1597

NMcGuire@lowellma.gov

By Phone ONLY:**8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor
Fax: 978-446-7270

SENIOR CENTER REOPENING PLANS

PHASE 1: START (May 18-June 7 or longer)

- No gatherings larger than 10 allowed. Volunteers not allowed on site. Vulnerable populations including people over 65 still under stay-at-home advisory.
- No one in close contact with confirmed COVID-19 cases, or with COVID-19 symptoms may enter.
- Masks and 6-foot social distancing required at all times.
- Continued takeout meals only.
- No classes, crafts, cards, bingo, dinner dance, or group trips scheduled. Most rooms locked.
- We hope to offer tax preparation, SHINE Medicare Counseling, benefits assistance in-person as soon as possible, if required after phone screening. For now we are still able to take phone calls only.

PHASES 2-4: CAUTIOUS, VIGILANT, NEW NORMAL

As we move into later phases of the governor's Reopening MA plan, the City of Lowell will continue to encourage social distancing and practice enhanced sanitation procedures for public safety. One-on-one meetings are likely to resume in the earlier phases by appointment only. Health clinics, computer access, and fitness classes are high priority to reopen as soon as possible after that, followed by crafts, cards, bingo, dinner dance, and group trips. TV room and billiard room may remain closed so we can better keep up with sanitizing more critical spaces. Gyms are not slated to open statewide until Phase 3.



Please remain patient and hang in there with us. We are looking forward to having the building filled with activities again, and seeing all of you in person!



While you've been gone, we've used grants to:

- Replaced the suspension on our 36-passenger bus for a smoother ride
- Provided meals to a quarantine site for Lowell residents experiencing homelessness
- Installed new water fountains with touchless bottle-filling stations in dining room and outside gym
- Purchased a few dozen dining chairs with arms
- Replaced our dining room projector and repaired speakers so we can offer more programs in the future

This is for you, Lowell!

On April 27, 2020 we scheduled a Rock n' Roll lunch with live music performed by UMass Lowell music students. They couldn't come in person so they performed from home. Sing along to this virtual live band karaoke video for Jailhouse Rock by Elvis Presley, made for the Lowell Senior Center.

Bass & Piano - Alexis Csicsek
 Guitar - Michael Hargens
 Drums - Eli Silverstein
 Piano - Taylor Trussell
 Faculty Advisor - Dr. Gena Greher
 UMass Lowell Music Education Department



Spring 2020

<https://youtu.be/Odw5Om6kGM4>

Virtual Travel Ideas

While we spend time at home, we can still visit a variety of wonderful museums and historic sites around the world from the comfort and safety of our home.

Visit a Virtual Museum
<https://artsandculture.google.com>

Take a Virtual Trip
<https://www.cnn.com/travel/videos>

Alzheimer's/Dementia Caregiver's Support Group (open to all):

The Chelmsford Senior Center's Alzheimer's & Dementia Caregiver's Support Group is still on-going via video conferencing. We meet on the second and fourth Monday of each month at 1pm. Newcomers are welcome and encouraged to join, 18 yrs and up. Please call Colleen or April at 978-251-0533 for more information or to sign up for meeting invitations. Alzheimer's 24-Hour Hotline: 1-800-272-3900

Buried in Treasures Workshop

Decluttering assistance for Lowell Seniors by phone *NEW*

Do you have piles of items at home that are hard to organize or let go? If clutter is making your life more stressful and you'd like a friendly group to help you learn to manage clutter for yourself, this group is for you. The Buried in Treasures group is currently meeting in pairs with a coach over phone, to check in with each other and work on sorting at home. Please contact Lil at 978-674-1170 if you would like to join

For the LGBTQ & Friends (open to all) Social Group:

Please contact April at 978-251-0533 x 6171 or ahunt@townofchelmsford.us to get on the video conferencing invitation list.

Staff remain available by phone and email, and are checking voice messages often.



Medicare Counseling

Please call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days.

Get Fit, Stay Fit from Home

On Lowell cable Channel 8, www.LTC.org/watch live, or LTC.org

Yoga Mondays 1:30

Recovery Fitness Tuesdays at 10am and Thursday at 9:30pm

Tae Kwon Do Wednesday 8pm

Young at Heart Wednesdays at 3pm

Lowell Senior Center "On the Move" Tuesday 1:30pm, Fridays 3pm, Saturdays 10:30am.

Our very own Marian Silk has recorded 6 sessions for her class participants and new members to join in! Please let us know how you like it and record your cable class "attendance" by calling in, 978-674-4131.



On the Move, On Demand at LTC.org or <http://lowellma.gov/1370/Recorded-Presentations>

National Institute on Aging/Exercise & Physical Activity:

<https://www.nia.nih.gov/health/exercise-physical-activity>

YMCA Health & Fitness Videos for Active Older Adults:

<https://ymca360.org/on-demand#/category/14>

HOW YOU CAN HELP OTHERS AND STAY EMOTIONALLY HEALTHY

If you can sew washable cloth masks, please donate them in batches to the senior center to distribute to Lowell seniors. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>.

Low-risk groups, please consider donating time as a volunteer:

Meals on Wheels drivers: Contact Laura Garvin at 978-651-3019 or lgarvin@esmv.org

Merrimack Valley Food Bank delivery drivers: <https://mvfb.org/how-to-help/volunteer/>

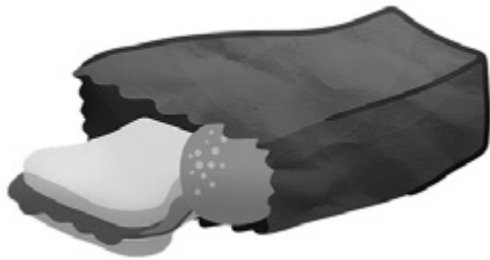
Lifting Lowellians: Assistance and Mutual Aid (LLAMA) is a network of volunteers helping neighbors during the COVID-19 crisis. <http://lowell-aid.com/>

Taking Care of Your Emotional Health (CDC)

- Take care of your body— Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about wellness strategies for mental health.
- Connect with others— Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- Take breaks— Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- Stay informed— When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- Avoid too much exposure to news— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- Seek help when needed— If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA Disaster Distress helpline at 1-800-985-5990, or text TalkWithUs to 66746

FOOD OPTIONS FOR SENIORS

- Meals on Wheels is recommended for anyone age 60+, call 800-892-0890
- SNAP has been expanded to the maximum benefit for all existing beneficiaries
- Apply for SNAP with Project Bread, 1-800-645-8333, online at DTACConnect.com, or print an application from Mass.gov/SNAP
- You can send a trusted friend or family member shopping for you with your SNAP benefits card
- The senior center offers takeout meals 7 days a week, 7am to 11:30am, free with optional \$2.50 donation for lunch. You must be age 60+ for Senior Center meals.



- Free groceries are available to eligible seniors at the Senior Center, call 978-674-4131
- Lowell has many meal sites and food pantries available for younger residents, please call Project Bread for more information: 1-800-645-8333

MOBILE MARKET - Fresh Food Access

Mill City Grows is committed to making sure the health and wellness of our community is supported through providing locally sourced produce in this time of uncertainty. We are now accepting online orders from the public, and prioritizing orders from those in need as we have limited supply. This system was developed with safety in mind, and takes all possible precautions to protect our staff and customers.

All online orders can be made at: www.millcitygrows.org/ A follow-up call will be made to confirm your order and how to retrieve it. Pick-ups will be made available Monday through Friday.

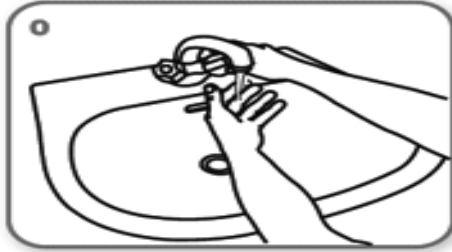
If you are a recurring HIP customer, experiencing financial hardship, or facing food insecurity, we encourage you to reach out to us through text or email at market@millcitygrows.org or call us at 978-455-2620.



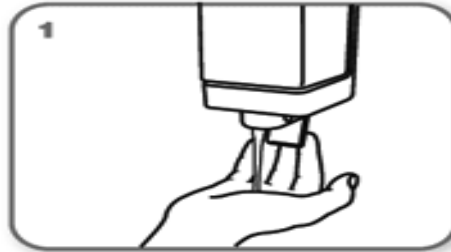
Effective hand washing

Effective hand washing takes at least 20 seconds,
or singing the “Happy Birthday” song twice!

Have you ever watched surgeons wash their hands on a medical TV drama?
This chart from the World Health Organization shows you how to wash your
hands like a pro!



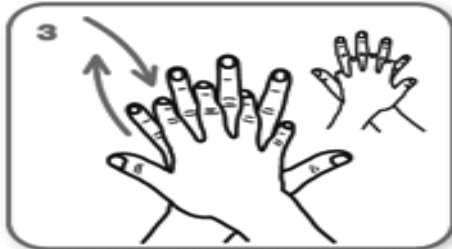
Wet hands with water



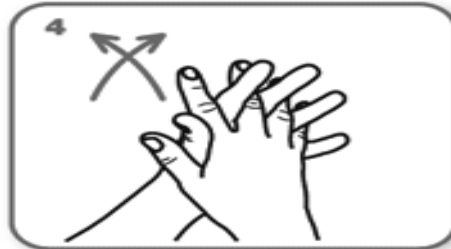
apply enough soap to cover all
hand surfaces.



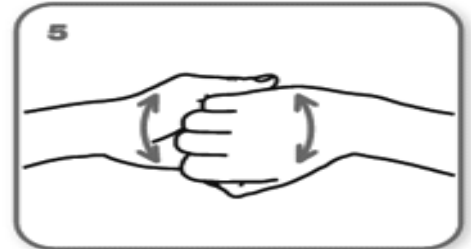
Rub hands palm to palm



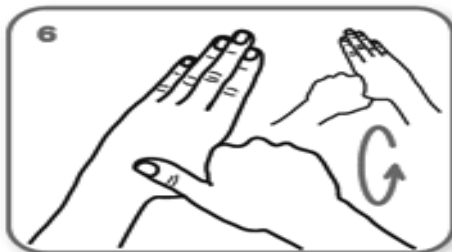
right palm over left dorsum
with interlaced fingers
and vice versa



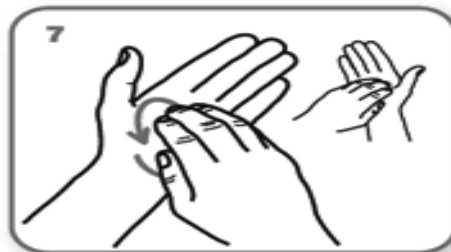
palm to palm with fingers
interlaced



backs of fingers to opposing
palms with fingers interlocked



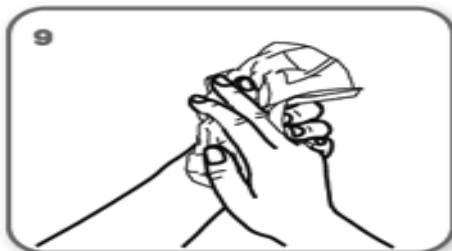
rotational rubbing of left thumb
clasped in right palm
and vice versa



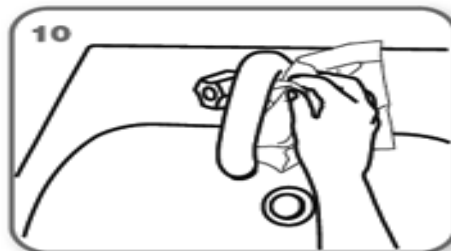
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



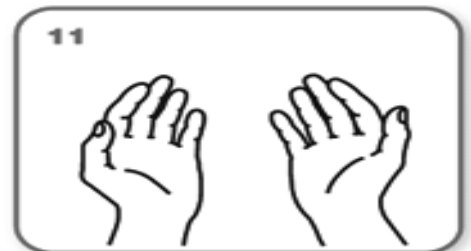
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

We have suspended sign-ups for group travel until the state advises vulnerable populations may begin non-essential travel to gatherings of 50 or more people. Refunds from venues have been delayed, as their finances were affected dramatically by COVID-19. Thank you for your patience!

\$1 Roundtrip Rides for Grocery Shopping

On grocery trips, attendance will be limited to 2 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each roundtrip.

We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at 800-892-0890.



CareRide

CareRide, a program of Elder Services of Merrimack Valley, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.

* No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.



LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types. Senior Dial-a-Ride is available for all people age 65+ for medical rides only.

Call Road Runner at
978-459-0152





24/7 Emergency Assistance

Call 9-1-1
say your language

Confidential Crisis Support

you are not alone



samaritans

Call or Text 1-877-870-4673

National Suicide Prevention Lifeline
Call 1-800-273-TALK (8255)



Veterans Crisis Line
1-800-273-8255 and



**Red Nacional de Prevención
del Suicidio – Español**
Llame at 1-888-628-9454



**Lifeline Options for Deaf and
Hard of Hearing**
Call 1-800-799-4889

Do you feel safe in your relationship?

SafeLink MA Domestic Violence
Counseling & Shelter
Call 1-877-785-2020
Say your language



Call 1-877-521-2601 TTY
Deaf/Hard of Hearing

Professional Medical Help



Visit your local
emergency room
or call

Lahey Emergency Services
Mobile Psychiatric Evaluation
1-800-830-5177
MA Substance Abuse Hotline
Explore Treatment Options
1-800-327-5050
(8a-10p, 8a-6p weekends)

Report Suspected Abuse in MA

Child Abuse
1-800-792-5200

Disabled Person Abuse
1-800-426-9009

Elder Abuse
1-800-922-2275

ENGAGE VIRTUALLY



SOCIALIZE

- Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like [Facebook](#), [Twitter](#), and [Instagram](#).
- Check out video call platforms such as [Skype](#), [FaceTime](#), and [Google Hangouts](#), so you can see the faces of family and friends while you talk to them.

Want something lower tech?

Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.

Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.

Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.



EXPLORE

- Browse more than 2,500 free courses available on [edX](#). With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- Explore zoos and aquariums across the country, including [Smithsonian's National Zoo](#), through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- Enjoy artwork from around the world. Thousands of museums and galleries have partnered with [Google Arts & Culture](#) to display their collections through virtual tours.
- Tour one of the many [national parks](#) offering digital tours and experiences that you can access anytime.
- Learn from the pros. [MasterClass Live](#) is currently offering one free streaming class per week.



UNWIND

- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over video chat. Good Housekeeping has [10 game ideas](#) to get you started.
- Catch free theater or opera performances online. [The New York Metropolitan Opera](#) is streaming a different encore performance from their Live in HD series every day, and the UK's [National Theatre](#) streams a different play on YouTube every Thursday.



CONNECT

- The [Eldercare Locator](#), a public service of ACL, is a nationwide service that connects older adults and their caregivers with trustworthy local support resources. Whether you are looking for help with services like meals and home care, or you want to learn more about caregiver education and respite, the Eldercare Locator can point you in the right direction.

Jumpstart the memories

Think about the stories that make up your life. Which ones would you like to share? might get you thinking:

- What would you like to tell your 22-year-old self? Or What do you think your 22-year-old self would tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent? Or What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?

Many ways to share

- Keep a journal of stories to share with friends or family when you can get together again.
- Write a letter to a friend or relative and tell them what you love about them.
- Use your phone or computer to record a story.
- Post a story on Facebook. If you can, include a photo. Respond to the comments.
- Pick a song that means a lot to you and sing it to someone. Tell the person why you chose it.
- Call a relative and tell them you have a story to tell. Set up a time that works for both of you so you can be relaxed and focused.
- Talk to your grandchildren about your favorite activities as a child. Did you prefer to ride a bicycle, play team sports, or read a book while sitting in a tree?
- Read a favorite book, poem, or passage to loved one by video chat or phone. If by phone, describe the pictures as well as reading the words. Tell them why you chose that story.

* If you would like to share your memory, email aleal@lowellma.gov or write to Amy Leal at the Lowell Senior Center and your memory/story may get picked to add to next month's newsletter!

Flower Names

www.W



ALSTROEMERIA

AMARYLLIS

ANEMONE

CARNATION

DAFFODIL

DELPHINIUM

FREESIA

GARDENIA

GLADIOLUS

HYACINTH

LAF

LI

LISI

O

RANI

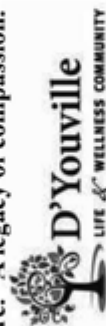
First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



A commitment to care. A legacy of compassion. This is D'Youville.



Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice
Most insurance plans accepted
981 Varnum Ave. • Lowell, MA

(978) 569-1000

www.dyouville.org

Alzheimer's Association Provides Support for Caregivers

During emergency situations such as the current COVID-19 pandemic, caregivers providing care for individuals living with Alzheimer's Disease or other dementia can experience significant challenges. Daily routines may be disrupted as resources and services are limited or not available. For support, call the Alzheimer's Associations' 24/7 Hotline at 800-272-3900 or visit <https://www.alz.org>

Activities for Caregivers ... Inspired by Alzheimers Association

| | | |
|----------------------------|------------------------------|------------------------------------|
| Clip coupons | Match and fold socks | Make paper butterflies |
| Vacuum | Roll yarn or string | Weed a flowerbed |
| Bake cookies | Send "Thinking of You" cards | Write a letter |
| Listen to music | Sort playing cards | Sing favorite songs |
| Look at family photographs | Read aloud | Make fruit salad |
| Color pictures | Fill a birdfeeder | Put coins in a jar |
| Wipe off the table | Water house plants | Use a pleasant-scented hand lotion |
| Wash silverware | Use play dough | |
| Take a car ride | Take a walk | |

GETTING TESTED

Residents with any questions or concerns related to coronavirus are encouraged to contact the City of Lowell's Emergency Operations Center, which is staffed Monday-Friday from 8:30AM to 4:30PM at 978-674-4052 or contact the 2-1-1 line set up by the Governor.

INFORMATION FOR INDIVIDUALS SEEKING TESTING

On April 7, CVS Health launched a rapid testing site in Lowell, located in the parking lot of the Showcase Cinema. The site is drive-through only, and produces on-the-spot results for patients in approximately 15 minutes. The site is open 9am-5pm Monday-Friday, 10am-4pm on Saturday and 10am-3pm on Sunday. Symptomatic individuals seeking a test are required to pre-register on the CVS Minute Clinic website.

Otherwise, any individual that is demonstrating symptoms and believes they should be tested should contact their primary care physician who will conduct an evaluation and offer a referral in cases where testing is appropriate.

Individuals that do not have a PCP may contact the Lowell Community Health Center, which has implemented a system to screen patients to determine if testing is in order.

Any person who is demonstrating symptoms of coronavirus should remain in quarantine through the duration of this process, and should not leave their home until a negative test is produced.

Avoid Scams

Avoid scams about testing by consulting with reputable medical professionals only. COVID-19 testing should always be free. While National Guard is doing mobile testing in nursing homes and assisted living residences, they are not going door-to-door testing in Lowell as of May 11. If you're ever uncertain about the credibility of a COVID-19 related visitor at your door, call Lowell's Emergency Operation Center at 978-674-4052 or 9-1-1.

LAWS SUPPORTING RESIDENTS DURING COVID-19

RMV has extended deadlines to renew licenses, registrations and inspection stickers.

| | |
|------------|-----------|
| Due: | Now Due: |
| March 2020 | July 2020 |
| April 2020 | June 2020 |
| May 2020 | July 2020 |

*** IRS and Massachusetts Dept. of Revenue have extended tax filing deadlines to July 15. ***

Federal COVID-19 relief laws have introduced:

Expanded sick leave and parental leave for employees affected by COVID-19 or related school closures
Expanded unemployment benefits now supporting gig workers, independent contractors, and increasing weekly payments by \$600.

Loans for small businesses

Federal direct student loan payments are suspended until September

Suspension of “required minimum distributions” from retirement plans in 2020

Early access to some retirement funds without penalty, delayed taxes on resulting income, and flexibility to repay large amounts taken

Massachusetts

Private utilities may not shut off electricity, gas, or water for lack of payment during the state of emergency

Eviction and foreclosure moratorium in Massachusetts set to last until 45 days after the end of the state of emergency

See a summary at <https://www.mass.gov/guides/resources-during-covid-19>

ECONOMIC IMPACT PAYMENTS

This payment from the IRS is up to \$1200 for individuals, \$2400 for couples and \$500 per dependent child. If you receive social security or have filed 2018 or 2019 taxes, you don’t need to do anything to receive your payment. Check on the status of your economic impact payment at IRS.gov.

If you do not receive social security and you have not filed taxes (known as a “non-filer”), you must visit [irs.gov](https://www.irs.gov) to claim your economic impact payment. Many homeless Americans and low-income Americans need to claim the payment this way. Our local Congresswoman Lori Trahan’s office would like to hear from non-filers if they cannot access the online tools, (978) 459-0101.

Avoid scams: DO NOT share your social security or bank account information with people who offer to claim your economic impact payment for you, unless they are the same people you trust to handle your finances regularly.

Veterans and Widows

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits. Call the Veterans Services Office to arrange an interview to see if you qualify for benefits.



If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at elamarche@lowellma.gov or by phone at 978-674-4066.

Amy's Outreach Corner

You can reach Amy at 978-674-1167 weekdays to make a phone appointment. Our offices are currently closed to the public. Here are some important numbers for managing food security and stress in this difficult time:



SNAP DTA Hotline (Food Stamps)
Direct line for seniors: 1-833-712-8027

Cash Assistance DTA Applications can be filed (started) online at DTAConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

Meals on Wheels (open to anyone over 60 regardless of health): 1-800-892-0890

Project Bread Food Source Hotline 1-800-645-8333

Merrimack Valley Food Bank Mobile Pantry Program: 978-454-7272

Manage Anxiety & Stress: Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

If you live alone and would like to receive calls from Lowell Senior Center staff or volunteers to check in while you stay home during the COVID-19 pandemic, please let us know! Sign up with Tara, Lil or Amy by calling the senior center.

2020 Friends of Lowell Council of Aging Membership Drive

We are reaching out to everyone who comes to the center to invite you to join the Friends! Thank You for your interest in being a part of FLCOA. We are looking forward to seeing you at future meetings held in the Board Room of the Senior Center the last Friday of the month except July and August.

Applicant

Name _____

Address _____

Phone # _____

Email _____

Please return this form to:

FLCOA
376 Broadway Street
Lowell, MA 00854

Are you interested in volunteering with the Friends Board, fundraising, or Bingo?

What are you most looking forward to when the Senior Center reopens?

The cost is \$5 per calendar year. Any additional donations are gratefully accepted.

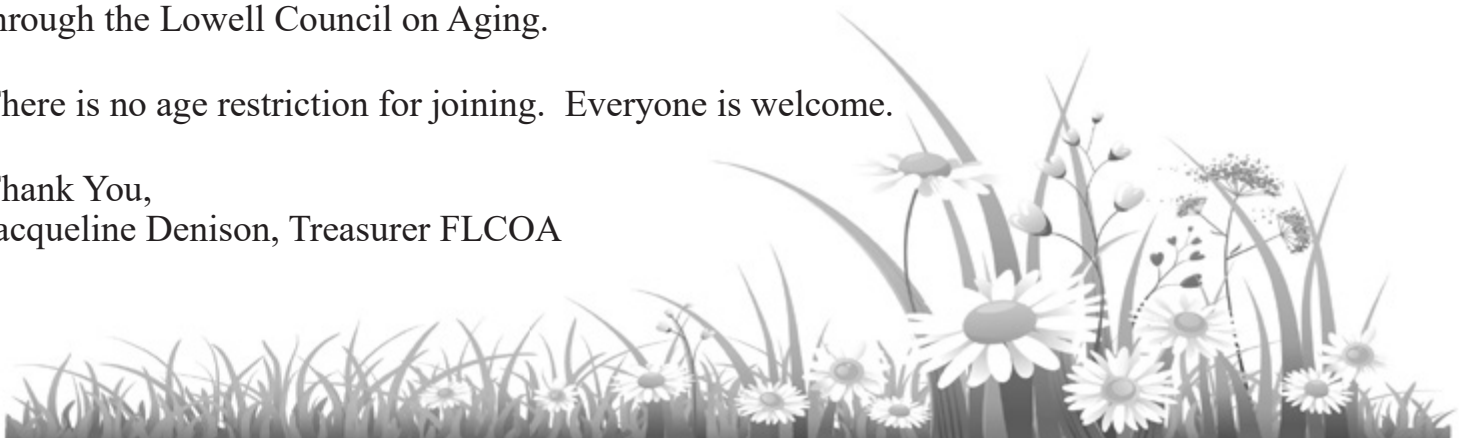
☐ I am enclosing a check for membership, \$5 / person.

☐ I am enclosing an additional donation of \$ _____ to support the Lowell Senior Center.

We are an organization, whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging.

There is no age restriction for joining. Everyone is welcome.

Thank You,
Jacqueline Denison, Treasurer FLCOA





Welcome Friends

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~~~~~  
Office: 978-674-1175  
~~~~~

**To be announced for
June 2020**

Public Welcome

JOIN THE COUNCIL ON AGING FRIENDS

Our March Pot of Gold raffle this year had fewer participants than in years past. We had a glitch in the mailing so many members who do not come to the center were not aware of our contest. should be resolved for our Horn of Plenty raffle in September. Thank You all for your loyal participation.

Once again our Rita is in the news. is this year's Lowell House Inc.'s Lifetime Achievement Award Recipient. Rita.

On a sadder note Arthur Toupin, a longtime director on the FLCOA has resigned. Arthur has been an active and loyal member for many years. He has volunteered many hours and contributed not only with time but many helpful ideas. Thank You Arthur and we hope to see you enjoying the center. also hope to see you and the monthly meetings where you always added valuable opinions. next candidate in line from the April

2019 election is Joe Peirce. He will be the newest member of our board starting immediately. Joe.

The Friends sponsored this first newsletter since the COVID

-19 pandemic to be mailed to all Friends members, as well as senior center participants who live in Lowell. When you join the Friends with an annual membership, you can choose to receive monthly newsletters by mail. For those who still want to pick up your copy at the center or on the website, we appreciate your help saving on postage costs.

Please feel free to attend any of our 9:30 meetings on the last Friday of the month held in the board room. However remember that we have no say in the activities in the Center. We are an organization that raises money to supplement the budget of the Council on Aging. Any questions concerning the Center can be answered at their meetings the second Monday of the Month at 9:00 am also in the board room, or by meeting with Lil Hartman, the Council on Aging director any time.

March Pot O' Gold Winners

| | | | |
|----|-------|-----------|------------|
| 1 | \$5 | SUSAN | NUNES |
| 2 | \$50 | MARIA | GREENDA |
| 3 | \$50 | DONNA | BELLAROSA |
| 4 | \$75 | ELIZABETH | JARDINE |
| 5 | \$50 | JEANNE | MCDONAGH |
| 6 | \$100 | DONNA | REED |
| 7 | \$50 | BARBARA | DROLL |
| 8 | \$50 | DORIS | BELLROSE |
| 9 | \$50 | GERTRUDE | JARDINE |
| 10 | \$50 | ROGER | JEAN |
| 11 | \$75 | TARA | DONNELLY |
| 12 | \$50 | MARIAN | BUCKLEY |
| 13 | \$100 | HENRY | PERONT |
| 14 | \$50 | DONNA | BELLUSCHI |
| 15 | \$50 | DORIS | COTE |
| 16 | \$50 | MARIE | GRANDA |
| 17 | \$200 | SANDY | MCKINNON |
| 18 | \$75 | ALICE | HARRINGTON |
| 19 | \$50 | BETTE | EDWARDS |
| 20 | \$100 | ELIZABETH | JARDINE |
| 21 | \$50 | RITA | MERCIER |
| 22 | \$50 | BILLY | RUSKEY |
| 23 | \$50 | JANE | SANDERS |
| 24 | \$50 | LYDIA | BALDANADO |
| 25 | \$75 | EILEEN | EARL BELL |
| 26 | \$50 | DELORES | MACHADO |
| 27 | \$100 | PAUL | BARANOWSKI |
| 28 | \$50 | DONNA | BARANOWSKI |
| 29 | \$50 | JOAN | GALLAGHER |
| 30 | \$50 | ROGER | GAGNE |
| 31 | \$50 | PHYLLIS | TOLAND |

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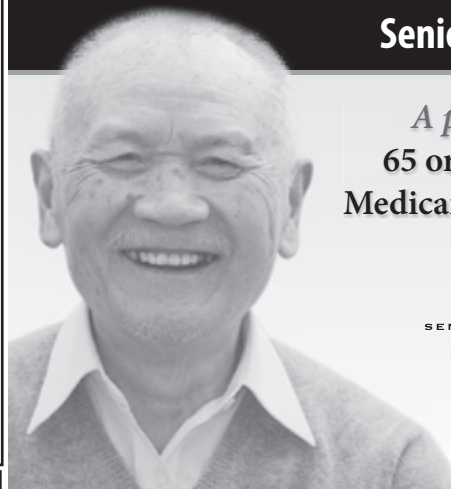
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Older Americans Month 2020

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2020 is "*Make Your Mark.*"

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities. We invite you to make your mark in May.

